

THE REAL JUMPER™

WWW.REALFITEQUIP.COM // 877.453.5820

GENERAL DESCRIPTION

The Real Jumper™ is a high intensity interval trainer that allows full spectrum training of an athlete's Stretch Shortening Cycle while reducing the impact of traditional ballistic jump plyometrics.

The Real Jumper™ is a ground-based, performance trainer that uses isokinetic resistance through a single center mounted piston on an adjustable yoke.

APPLICATIONS

- Proven results with short intervals (20-60 repetitions≈20-60 seconds)
- Performance training
 - Solid athletic base
 - Stamina improvement
 - Conditioning
 - Power
 - Assured muscular hypertrophy – trapezius, deltoids, pectorals, biceps, abdominals, obliques, forearms, quadriceps, gastrocnemius muscles, latissimus dorsi, triceps brachii, gluteal muscles, hamstrings, quads, calves, shin and foot
- Biomechanics
- Rehabilitation
- Physical Therapy

ACCESSORIES

- Rubber feet
 - Requires ¾" wrench
- Wheel kit for easy movability
- 2 platforms for variation of exercise
- Workout regimen
 - Squat 1
 - Standard – Static Base
 - Standard – Explosive Jump
 - Squat 2
 - Pistol – Static Base
 - Pistol – Explosive Jump
 - Squat 3
 - Split – Static Base
 - Split – Explosive Jump

MAINTENANCE

- Surface cleaning
- Check pads and handle grips for wear and replace as needed
- Lubrication
 - Silicone lubricant on the tubing of the adjustment slides
 - Grease on bearings and zerk fittings as needed
- Silicone spray around urethane bushings where bolt goes through metal insert

FEATURES

- A high intensity interval trainer that allows athletes to create more complex exercise circuits by alternating platform transitions.
- Accommodates numerous dynamic compound structural exercises through multiple squat variations including standard, pistol and split
- Used by professional, Olympic and collegiate sports of all disciplines (football, baseball, basketball, hockey, MMA fighters, track and field, etc.)
- Purchased and trained on by individual elite athletes
- Purchased and trained on by actors to prepare for stunts, conditioning, strength and physique

ADJUSTMENTS

- 3 position adjustable yoke

SPECS

- Dimensions
 - Assembled - 32"(W) X 72"(L) X 45"(H)
 - Shipped (pallet) - 35"(W) X 84"(L) X 51"(H)
- Weight - 335lbs
- Steel frame square tubing 2.50" x 2.50"
- (2) Rubber vinyl deck
- Robust bearings (>10 year lifespan)
- MIG .035 wire welded
- Powder coated finish (baked on at 400 degrees)
 - Matte Black
 - High Gloss Black
 - High Gloss White
 - High Gloss Red
 - High Gloss Blue
 - High Gloss Green
 - High Gloss Yellow
- Lubricated



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